Residents Directory

Fort Mason Center houses over fifty resident organizations. These groups can provide you with information on the recording business, dance, broadcasting, theatre, river rafting, marine ecosystems, printmaking, copyrights, boatbuilding, freelance writing and much more. Drop in at their offices to find out about classes, services, speakers or trips made available to you by these outstanding Bay Area groups.

BLDG. A
Ace Mailing (771-6280)
City Celebrations (474-3914)
Fort Mason Foundation (441-5706)
Greens Restaurant (771-6222)
SFMMA Rental Gallery (441-4777)
Tassajara Bread Bakery 2 (771-6330)
World Print Council (776-9200)

BLDG. B
Arts Arbitration & Mediation Services (775-7715 or 775-7200)
California Tomorrow (441-7631)
Community College Art Center at Fort Mason (776-8247)
Cooks & Company (673-4137)
Marine Exchange (982-7788)
People's Theater Coalition (885-2790/office, 776-8999/box office)
Ploughshares Fund (775-2244)
SF School of Dramatic Arts (885-2766)

BLDG. C
African-American Historical & Cultural Society (441-0640)
Bay Area Lawyers for the Arts (775-7200)
Environmental Traveling Companions (474-7662)
Feedback Productions: Make-A-Circus, Tale Spinners (776-8477)
Friends of the River (771-0400)
The Fund for Animals (474-4020)
Peace And Common Security (673-8866)
Perception Gallery (776-0347)
Performing Arts Workshop (673-2634)
S.F. Bay Area Dance Coalition (673-8172)
S.F. Children's Art Center (771-0292)
S.F. Folk Music Center (441-8910)
Tamalpa Inst./Dancers' Workshop of S.F. (771-1212)

BLDG. D
Artists in Print (673-6941)
Blue Bear School of Music (673-3600)
Center for Educational Telecommunications (441-0322)
Friends of the S.F. Public Library (558-3770)
Magic Theatre (441-8001)
Media Alliance (441-2557)
Mexican Museum (441-0404)
Poetry Film Workshop (621-3073)
Western Public Radio (771-1161)

BLDG. E
Computer Alliance (771-7133)
Environmental Federation of California (474-3322)
Greenpeace (474-6767)
National Park Service
Collections Management (556-3797)
J. Porter Shaw Library (556-9870)
The Associates of the J. Porter Shaw Library (556-9870)
Lifeline Marine Research (775-6497)
Oceanic Expeditions (441-1106)
Oceanic Society (441-5970)
Oceans Magazine (441-1104)
Yacht Racing Assn. of S.F. Bay (771-9500)
Academy of Media & Theatre Arts (776-4720)

PIER 1
California Radar School (441-1486)

PIER 3
National Liberty Ship, SS Jeremiah O'Brien (441-3101) east dock

BLDG. 201 Bay & Franklin entrance
Golden Gate National Recreation Area (GGNRA) Headquarters (556-0560)
Maritime Humanities Center (771-3488/89)

BLDG. 240 Bay & Franklin entrance
San Francisco Intl. Hostel (771-7277)

CALENDAR STAFF
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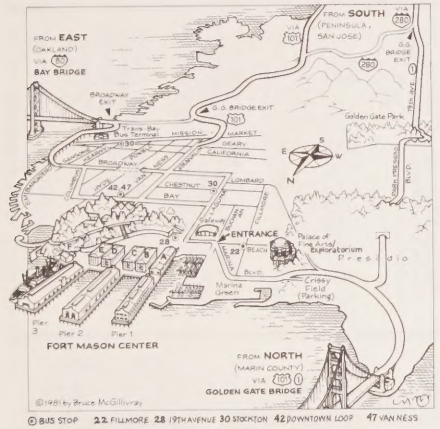

DIRECTIONS: **East Bay**—Bay Bridge to Broadway Exit. Follow Broadway to Laguna & turn right. At Marina Blvd. turn left to Buchanan. At Buchanan turn sharp right into Fort Mason Center. **Peninsula**—US 101 North to Franklin St. Exit. Follow Franklin to Bay and turn left. Take Bay to Buchanan and turn right. Cross Marina Blvd. and sharp right into Fort Mason Center.
Change of Address: Forward both old and new addresses, plus a copy of your most recent mailing label, if possible, to Calendar, Fort Mason Center, Building A, San Francisco, CA 94123.

Fort Mason Foundation
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See 3/9&23

FOR THE ARTS, HUMANITIES, RECREATION, EDUCATION AND ECOLOGY.

FORT MASON CENTER

March 1985

Photo: Thomas Wing Wo

The Rev. Jesse Jackson greets well-wishers at Fort Mason Center during a recent fundraiser.

THE WELCOME MAT

When the Museo Italo-Americano was founded in 1978, its first home was a small space above Malvina's Coffee House in North Beach. After several years at an interim location on Green Street in Casa Fugazi, this rapidly growing ethnic museum will relocate in spacious new quarters at Fort Mason Center. The gallery in the lobby of Building A currently displays paintings from the Museo collection—an exciting portent of the exhibits to be viewed in future months at this, our newest museum. The April Calendar will bring you a photo tour of the Museo Italo-Americano, now under contruction.

"The great problem of Italians everywhere is that we are all individuals . . .we don't always work well together, but sometimes something in our souls does come together. . . . Making the artist appreciated is the ideal way to unite Italians."

So believes Giuliana Nardelli Haight, the charming, energetic and dedicated Executive Director of the Center's newest resident, the Museo Italo-Americano. Mrs. Haight studied art, literature, and language in Rome, London, Paris and Madrid before she came to UCLA to earn her Master's degree in Film and Television. She has since developed and produced original documentaries and TV programs for both Italian and American stations, as well as a radio series featuring local and national news and distinguished guests who are involved in some facet of the Italian-American cultural scene.

There are more than 120,000 Italians and Americans of Italian descent living in the greater Bay Area. But when she and her husband, geophysicist Alan Haight, moved to San Francisco in the late '70's, she looked in vain for a local Italian-American cultural center here. It was then she resolved, with the help of other prominent members of the Italian community, to set about establishing the Museo Italo-Americano—the first museum in the country devoted exclusively to Italian and Italian-American art.

When the public first heard about the prospective museum, volunteers throughout the city began to call Mrs. Haight. And in the very early days, she received a call from the White House, inviting her to a conference to speak about her experiences in setting up a museum. Small as it was, there were 1000 guests at the opening. Among the first exhibitors were Mark Luca, Sam Provenzano, Peter Macchiarini, Beniamino Bufano, and Elio Benvenuto. She says of those days:

Giuliana Nardelli Haight, Executive Director, Museo Italo-Americano

"I wanted to be a catalyst. I had great interest in archaeology and relating it to life today. I wanted to display both ancient and modern arts and crafts. But one of my discoveries more recently was the bad image the Italian-American woman has in the arts—her contributions have been neglected! So we will also focus on what the Mediterranean woman can do. . . ."

The Museo will offer a variety of educational programs and services such as guided tours of Italianate architecture in San Francisco, poetry readings, concerts, film series, classes in language, art, and music appreciation, as well as archaeological lectures.

Mary Wolcott

NEW HOME FOR ASIAN-AMERICAN THEATER COMPANY

Negotiations are now being completed for the Asian-American Theater Company to remain the resident company at the People's Theater Coalition's Fort Mason Center facility for the 1985-86 season. AATC's current season in the Building B theater has been very successful so far; the production of *Tea* this month should bring further acclaim to this beleaguered group.

It's been a bumpy road for the AATC en route to their current resident status at Fort Mason. Not only have they suffered from decreasing government support for the arts, but they have also been homeless since October 1983, performing at four different locations during the 83-84 season. "Being able to hold our productions at the People's Theater at Fort Mason has helped stabilize our program by relieving us of the mad scramble for performance space every time we wanted to produce a play," said David Fong, Executive Director, "[and] helped us to hold on to much of our subscriber base, since we can assure people that we can deliver our full schedule."

Founded in 1973 with the help of the American Conservatory Theatre, the stated goals of the Asian-American Theater Company are "to produce high-quality Asian-American theater in order to promote inter-ethnic understanding and provide positive role models for the Asian-American Community as well as the community-at-large, and to provide career opportunities for Asian-American theater artists." The local critics and community have been supportive of the AATC, and they have premiered several works that have been successfully transplanted to New York and Los Angeles.

AATC's current production, *Tea*, demonstrates how well this group has met its goals. The award-winning playwright Velina Hasu Houston received a Rockefeller Fellowship to develop this new drama, which explores the story of a Japanese war-bride who is ostracized not only from mainstream society but from the Japanese-American community as well. The talented female actors will play not only the war-bride characters but also their G.I. husbands. *Tea*, which opens on March 15, will run through April 28.

Photo: Bob Hsiang

AATC's production of The Sound of a Voice premiered November 30, 1984 at Fort Mason Center.

The AATC is already developing the 1985 season opener. Three talented playwrights who have worked with the AATC before will work this summer with Playwrights Unlimited to create a piece told from three different points of view. Each writer will develop one segment and all will collaborate on the finale. This work-in-progress should prove to be another exciting premiere for the AATC.

Tickets for *Tea* are now on sale. It opens March 15 and runs through April 28, Thursday through Saturday at 8 pm and Sundays at 3 pm and 7 pm in the People's Theater in Building B on the third floor. The box office number is 776-8999.

Vincent R. McEnerney

Over 500 nonprofit agencies were honored at a reception January 24 in Pier 2 at Fort Mason Center. The event was sponsored by the San Francisco Foundation.

Thank You!

The Fort Mason Foundation gratefully acknowledges contributions received from the following foundation, corporate and government donors:

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Notices

DAILY RECORDED MESSAGES OF FORT MASON ACTIVITIES & EVENTS: 441-5705

HANDICAPPED. Ft. Mason can make arrangements for the handicapped if notified in advance. Ramps & elevators are available. Call 441-5706.

Fort Mason offices are now open Monday through Saturday.

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Friends of the Fort Benefits

Individual—*Monthly Calendar • membership card • discount on Magic Theatre's season subscription (late summer and early fall) • discounts on single ticket prices for Magic Theatre, People's Theater • 5% off sales at SFMMA Rental Gallery • discounts on selected special events*

Bonus/Family—*All of the above + 2nd membership card (same names) + coupon book with discounts for plays, concerts, workshops, classes & activities*

Participating—*All of the above + coupon for free art quality special event poster*

Supporting—*All of the above + one (1) year subscription to* Oceans Magazine *& the opportunity to purchase up to four (4) tickets to a no-host dinner at Greens—complimentary wine*

Donor—*All of the above + two (2) tickets for a Whale Watching trip OR one (1) ticket for a Natural History trip to the Farallon Islands*

Sponsor—*All of the above + two (2) tickets to a Gala Opening Night at Magic Theatre (play & catered reception)*

Patron—*All of the above + two (2) tickets to a Liberty Ship Cruise*

Checks payable to
FORT MASON FOUNDATION
All contributions are tax-deductible to the extent allowable by law. For further information, call 441-5706 FORT MASON Building A, San Francisco, CA 94123

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FORT MASON CENTER

FOUNDED IN 1977

Daily recorded messages of Fort Mason activities and events: 441-5705

March 1985

All events are presented through the cooperation of Fort Mason Foundation and the Golden Gate National Recreation Area.

Photo: Allen Nomura

3/1-17 The Couch

1 FRIDAY
The Couch A witty, insightful look at Carl's (Jung) house just before dinner & the arrival of his guest, Sigmund Freud. Written by Lynne Kaufman, directed by Simon Levy. 1/3-3/17, Wed-Sat 8:30pm, Sun 2&7:30pm, $12-$8.50, FMC "Friends" $1 off w/mbrs card, Magic Theatre Bldg D 776-8999

OFFSPRING 7 Fresh flashy fun—spontaneously created theater based on audience suggestion. 3/1-30 Fri&Sat 8:30pm $5 Marina Music Hall Bldg D 885-5678

Plowshares Coffeehouse presents Gabriel Yacoub. Traditional & original French guitar music. 8pm $5 Bldg C 441-8910

U.S.-China People's Friendship Society Educational programs on art, travel, politics & daily life in the People's Republic of China. 7:30pm $2 Gatehouse 863-0537

Underwater Photographic Society Monthly meeting. 7:30pm FREE Bldg C 573-5074

2 SATURDAY
ABACUS Workshops & classes for ATARI users. 10am-2pm FREE Bldg C 753-8483

Table Fantasies The National Home Fashions League presents its first tablesetting show/competition w/designs by professionals. 3/2 Sat 1-7pm, 3/3 Sun 11am-4pm, $7.50-$4 Bldg A 621-7223

OFFSPRING 7 see 3/1
• **The Couch** see 3/1

3 SUNDAY
Plowshares Coffeehouse presents Sally Rogers, American folksinger, banjoist & dulcimer player. 7:30pm $6 Bldg C 441-8910

Argentine Poetry & Films Works of leading Argentine contemporaries will be presented by Beatrice Lagos, poet & scholar. The evening features a documentary by filmmaker Niccolo Caldararo. 7:30pm $2 Bldg C 621-3073

• **The Couch** see 3/1
Table Fantasies see 3/2

4 MONDAY
Oceanic Society Monthly open house. 6:30pm $2 Bldg C 441-5970

5 TUESDAY
Under Construction Explorations of a man's desire to build a pyramid monument to his wife. Is the monument commemorating the anniversary of her death or setting the stage for her death? This new play by Laura Farabough of Nightfire Theater utilizes the Farabough style by combining heavy equipment, large sculptures, video & choreographic movement. 3/5-10, Tue-Sun, only 6 shows, 8:30pm $7 Pier 3 Reservations 331-5455

• **6** WEDNESDAY
The Couch see 3/1
Under Construction see 3/5

7 THURSDAY
Friends Of The River Fndn. Auction Joint auction by Friends of the River Fndn. & the Wildlife Conservancy features great gift items: holiday travel, dinners, river trips, works of art, etc. Hors d'oeuvres & wine preview 5:30pm, Auction 6:30pm $15 adm. Bldg A 771-4400

Epson Users Of San Francisco Monthly meeting. 7pm $2 Bldg C 586-5326

Macintosh Users group monthly meeting 7pm $3 Bldg C 441-8648

World Peace Through Self-Discovery "Sri Chinmoy—Peace Mediation at the United Nations." A workshop offering an approach to solving personal & global conflicts. 3/7&14 Thur 7pm FREE Bldg C 564-4231

• **The Couch** see 3/1
Under Construction see 3/5

8 FRIDAY
Irish Country Dance & Concert Dance to live music w/Larry Lynch, U.S. Champion Dancer. Great entertainment & audience participation (no partner necessary). 8:30pm $5 Bldg C 863-6424

OFFSPRING 7 see 3/1
• **The Couch** see 3/1
Under Construction see 3/5

• **9** SATURDAY
FORT MASON CENTER TOUR Free guided walks through this cultural & recreational facility. Over 50 art, environmental & cultural groups make Fort Mason Center their home. Museums, theaters, galleries, classes & workshops utilize these converted military warehouses. 2 March tours 3/9&23 Sat 11am Bldg A (call for reservations) 441-5706

CPR Recertification Course for health care professionals. 9am-noon $12 Bldg C 585-2221

Modeling Marathon Six-hour life drawing event for amateur & professional artists featuring costumed & nude models from the Models' Guild. 9am-5pm $10, $9 Stu/Srs, $5 ½day Bldg C 547-7797

Full Moon Psychic Fair w/Sue S. Chin. Free sigils & cosmic heraldry, acuflex palm massage/readings + rune, tarot, palm, & aura readers & channelers. 3/9&10 Sat&Sun 1-6pm FREE Ft. Mason Downtown Info. Ctr., 15 Columbus Ave. 771-1695 after 6pm

• **Gay Poets Gathering** Tede Matthews, poet & dancer, conducts an open reading for gay poets. Incls. selections from W. H. Auden, Allen Ginsberg & other modern gay poets. 2 Sat. 3/9&23, 7:30pm $1 FMC "Friends" 25% off w/mbrs card Bldg D 621-3073

OFFSPRING 7 see 3/1
• **The Couch** see 3/1
Under Construction see 3/5

10 SUNDAY
Plowshares Coffeehouse presents an evening of acoustical music 7:30pm $5 Bldg C 441-9810

Spaghetti Factory Open Poetry Reading Public invited to participate in this popular round-robin event. Also special showing of two poetry films. 7:30pm $1 Bldg D 621-3073

• **The Couch** see 3/1
Under Construction see 3/5
Full Moon Psychic Fair see 3/9

Photo: Ron Blanchette

3/5-10 Under Construction

12 TUESDAY
Bay Area Art Conservation Guild Monthly panel with discussion from the membership. 7pm FREE Gatehouse 648-2388

• **13** WEDNESDAY
Angel City by Sam Shepard. A surrealistic & wildly funny look at the Hollywood movie machine: Lanx, a slimy film producer; Rabbit, the writer; Wheeler, the producer's brother; Miss Scoon, the secretary, plus a saxophonist & a drummer. 3/20-4/28 (previews: 3/13-16 8:30pm), Wed-Sat 8:30pm, Sun 7:30pm (Sun 3/31 matinee 2pm) $12-$8.50, FMC "Friends" $1 off w/mbrs card Magic Theatre Bldg D 441-8822

• **The Couch** see 3/1

• **14** THURSDAY
The Couch see 3/1
World Peace Thru Self-Discovery see 3/7
• **Angel City** see 3/13

• **15** FRIDAY
Tea A new play by Velina Hasu Houston about war brides & interracial relationships. Presented by the Asian-American Theater Co. 3/15-4/28, Thur-Sat 8pm, Sun 3pm&7pm, FMC "Friends" $1 off w/mbrs card $9.50-$8.50 (3/15&4/28 $10.50) at People's Theater Bldg B 776-8999

The Instinctive Wisdom Of The Body A lecture presented by the Breema Shiatsu Ctr. w/discussion & demo. 7:30-9:30pm FREE Bldg E 428-0937

Photo: Gray Barker

3/1-30 OFFSPRING 7

OFFSPRING 7 see 3/1
• **The Couch** see 3/1
• **Angel City** see 3/13

16 SATURDAY
S.F. Apple Core General meeting sharing information & demo. of Apple II, IIe, & Macintosh computers. 10am-2pm FREE Bldg C 566-2342

SS Jeremiah O'Brien Open Ship Weekend Special Leprechaun's tour of this great grey ship. Polish up your Irish. Sat&Sun 3/16&17 $3 ($1 Srs/Stu, $6 fmly) Pier 3 east dock 441-3101

Psychic Reading Fair Public invited to FREE readings & healings. 1-3pm FREE Bldg C 753-6001

OFFSPRING 7 see 3/1
• **The Couch** see 3/1
• **Angel City** see 3/13
• **Tea** see 3/15

17 SUNDAY
No. California Art Therapy Assn. General mbrshp. meeting. 1-3pm FREE Bldg E 658-1749

St. Patrick's Day—Irish Poetry In celebration of St. Patrick—readings from Yeats, Joyce, Behan, Kinsella & others + live Irish music & refreshments. Public invited to read from their favorite Irish bard. 7:30pm $3 FMC "Friends" 25% off w/mbrs card Bldg D 621-3073

• **The Couch** see 3/1
• **Tea** see 3/15
SS Jeremiah O'Brien see 3/16

18 MONDAY
IBM PC Users Monthly meeting 7:30pm $2 Bldg A 386-3735

• **20** WEDNESDAY
The Couch see 3/1
Angel City see 3/13

• **21** THURSDAY
The Couch see 3/1
Angel City see 3/13
• **Tea** see 3/15

22 FRIDAY
Ira Progoff Weekend Workshop Ira Progoff's intensive journal method draws the goals of your life into focus. Learn practical techniques for creativity in daily life. 3/22-25, Fri 7-10pm, Sat 9:30am-5:30pm, Sun 9:30am-1pm & 7-10pm, Mon 9:30am-5:30pm, $150—one unit, $275—two units, Bldg A, info./reg. (800) 221-5844

OFFSPRING 7 see 3/1
• **The Couch** see 3/1
• **Angel City** see 3/13
• **Tea** see 3/15

23 SATURDAY
Children's Art Festival Children's entertainment w/puppets, face painting, games, music & refreshments + special children's art exhibit, 3-5pm $3 (25¢ chdrn) Bldg C 771-0292
OFFSPRING 7 see 3/1
• **The Couch** see 3/1
• **Gay Poets Gathering** see 3/9
• **Fort Mason Center Tour** see 3/9
• **Angel City** see 3/13
• **Tea** see 3/15
Ira Progoff Workshop see 3/22

24 SUNDAY
Plowshares Coffeehouse presents Robin Petrie and Danny Carnahan. Traditional Irish music on fiddle & hammered dulcimer. 7:30pm $4 Bldg C 441-8910

Spaghetti Factory Poets Open reading 7:30pm $1 FMC "Friends" 25% off w/mbrs card Bldg D 621-3073

• **The Couch** see 3/1
• **Angel City** see 3/13
• **Tea** see 3/15
Ira Progoff Workshop see 3/22

25 MONDAY
Ira Progoff Workshop see 3/22

• **27** WEDNESDAY
The Couch see 3/1
Angel City see 3/13

• **28** THURSDAY
The Couch see 3/1
Angel City see 3/13
• **Tea** see 3/15

29 FRIDAY
OFFSPRING 7 see 3/1
The Couch see 3/1
• **Angel City** see 3/13
• **Tea** see 3/15

30 SATURDAY
Cerebral Dominance for epilepsy, amnesia, aphasia, Alzheimer's disease & schizophrenia. Learn how left/right hemispheres contribute to intelligence in children/adults. 8:30am-4pm $30 Bldg A 856-9835

Be A Fund For Animals Volunteer Learn how you can help animals. Hear about the latest news & upcoming events. 2pm FREE Bldg C reservations: 474-4020

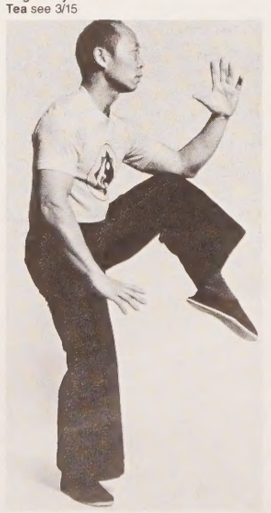
OFFSPRING 7 see 3/1
• **The Couch** see 3/1
• **Angel City** see 3/13
• **Tea** see 3/15

Photo: Charles Kennard

3/13-4/28 Angel City by Sam Shepard

31 SUNDAY
Spoken Anthology presented by Judith Tannenbaum. Theatrical interpretation of poetry from Muriel Rukeyser, Kenneth Patchen, Dylan Thomas, Anna Akhmatova & other leading poets. 7:30pm $2 FMC "Friends" 25% off w/mbrs card Bldg D 621-3073

• **The Couch** see 3/1
• **Angel City** see 3/13
• **Tea** see 3/15



ICI Tai Chi Chuan w/Sifu Fong Ha see Martial Arts

Nuevos Caminos: Pintoras Mexicanas at the Mexican Museum

Galleries

World Print Gallery presents Rene Derouin: Suite Nordique, 1967-1981. A traveling exhibit from Canada surveying large-scale woodcut prints by Rene Derouin. Exhibit organized by the Quebec Museum. 3/5-4/6 Tue-Sat 11am-6pm FREE Bldg A 776-9200

Perception Gallery Daily Noon-4pm FREE Bldg C 776-0347
Natural Sculpture Photographs Nature: abstracted & compacted photographs by Joan Sadler & Dennis Olson. 2/25-3/17
Etel Adnan Exhibit of recent oils & watercolors. 3/18-4/7

Mexican Museum Wed-Sun Noon-5pm $1/$.50 chdrn Bldg D 441-0404
Indumentaria Mexicana Finely spun & handwoven women's garments from Mexican Museum's permanent collection. Selection focuses on pre-Hispanic regional designs & decorations. 2/6-3/31
Nuevos Caminos: Pintoras Mexicanas (New Directions: Mexican Women Artists) Traveling exhibit featuring works by 22 contemporary Mexican artists, sponsored by Avon Products, Inc. 2/6-3/13

SF Museum of Modern Art Rental Gallery presents Ben Bullock's sculptures, Donna Rini's paintings & books, + drawings by Christine Marie Lando & Patrick Maloney. 3/5-3/29 Tue-Sat 11:30am-5:30pm (recpt. 3/5 Tue 5:30-7:30pm) FREE Bldg A 441-4777

Fort Mason Center Lobby Gallery previews an exciting upcoming event—the opening of the new Museo Italo-Americano in Building C, late March. The lobby exhibit features paintings by Jovane Di Massa-Reilly & others, Mon-Sat 9-5pm 2/5-3/30 Bldg A 441-5706

Martial Arts

ICI Tai Chi Chuan w/Sifu Fong Ha. Complete classical forms w/emphasis on meditative aspects. Tue Fri 7-9:30pm $45/mo. Bldg C 524-4718

Chinese Martial Arts w/Jack Man Wong. Tai Chi Chuan & Northern Shaolin for robust health, high spirits, rational thinking & self-defense. Wed 6-8pm, Sun 10am-12pm $30/mo. Bldg C 261-7105

Kung Fu: No. Shaolin & Wing Tsun w/Haymo Schauer. Original styles encompassing self-defense, fitness & personal improvement. Tue 6pm $25/mo Bldg E 346-4532

Escrima A self-defense system from the Philippines based on stick fighting and progressing to empty-hand techniques. Sat 11:30am $30/mo Bldg C 261-8841

Chen's Tai Chi Chuan Assoc., USA An excellent physical, mental & spiritual centering device, w/training practices for health and self-defense. Mon Tue 8pm $3.75/class Bldg C 661-3786

Chen Tai Chi Chuan This form, developed by 16-year master doctor in China, combines firm/soft, slow/quick, balancing yin & yang exercise Sun 7pm $25 Bldg C 759-6757

Classes and Workshops

Health & Recreation

Let's Move w/Stephanie & Sheila Earle. A fast-paced workout for those who want to work hard. Sat & Sun 9am, Mon Wed Fri 6pm, Tue Thur 6:30pm, $3-$20/10 cl. Bldg C 776-4509

Dancergetics Co-ed aerobic fitness program. Dance-exercises choreographed to music. All ages & levels of fitness. Mon Tue Thur 6pm, Sat 10am. $4 Bldg C 583-7083

New Dimensions w/Jean & Marilyn Taylor. Bldg C 456-7525
Seniors & People New to Exercise Tue Thur 10am $3-2.50/FREE for Seniors

YMCA Classes—Ballroom Dance Ernie Haeusslein's popular class for beginners thru advanced, + an hour of social dancing. Wed 7:30-10:30pm 8wks. Singles $22, couples $40 Bldg C 885-0460

Awareness Thru Movement/Feldenkrais Method Movement lessons to improve your posture, breathing, self-image, ease of movement. Relieve stiffness/tension. For all ages. Tue Noon $5 Bldg C 333-6644

Awareness Thru Movement/Feldenkrais Method Gentle movement lessons which help to relieve stress & tension & assist in improving posture, function & self-esteem. Wed 6pm $7 Bldg C 776-1776

Super Sat. Shape Up w/Helene Zynstein Pollak. Special 1½-hr high-energy workout features warmup, aerobics, deep stretch & muscle toning. Co-ed & all fitness levels. Sat 10-11:30am $5 Bldg C 731-6093

Hatha Yoga Experience freedom through Iyengar-style yoga. ". . . from freedom of the body comes freedom of the mind & then ultimate freedom . . ."—Iyengar. Wed 6pm $6 class Bldg E 826-7448

Greek Folk Dance Classes w/Anna Efstathiou 7pm Mon $4 Bldg C 339-8357

Success W/Out Stress Understand depression, loneliness & anger. Thur 7:30pm, Sat 3:30pm $3 Bldg C 587-2878

Strategies for Success Learn techniques for achieving your personal & business goals using visualization, goal setting & exercises to develop your self-image & remove barriers to success. 3/7-28 Thur 6:30pm, 3/16 Sat 9:30am-6:30pm $125. Gatehouse 921-7170.

The Work Of Doris Breyer Body Juvenation Gentle movement class utilizing the healing potential of your energy's free flow to restore health, flexibility & youthfulness. Sat 9-10am $5 Bldg C 681-4405

Dance Exercises & Stretches W/Judy Kilmartin A fitness program of warming stretching, aerobic exercises to music & yoga. Improve strength, endurance, muscle tone & composure. Mon 6:30pm $3.50 Bldg C 388-4970

Sensory Awareness Practice in awareness of & permissiveness to our own natural functioning in relation to the total world around us. 3/6-27 Wed 10am-12 & 6-8pm $200/3 mo Bldg C 388-3219

Ultimate Vitality In The Body Workshops by the Breema Shiatsu Center. Sun 11am-1pm Bldg C/E 428-0937
Neck & Shoulders Shiatsu & Self Shiatsu 3/17
Hips, Legs & Feet Shiatsu & Self Shiatsu 3/24
Shiatsu & Self Shiatsu to vitalize the internal organs. 3/31

Environment

Oceanic Society Whale Watch Half-day naturalist-led boat trips to observe gray whale migration. Reservations necessary. 9am, 11:30am & 2:30pm Fri, Sat&Sun thru 4/14, $22 474-3385

Backpacking for Beginners Environmentally safe ways to backpack & experience the wilderness. Tue 7-10pm $60 + $7.50 materials Bldg C 563-7681

• FRIENDS OF THE FORT DISCOUNT

Education

Tear Gas/Mace Self-Defense Course incls: tear gas training & permit, instruction in psychology of assault prevention, & simple defense skills. W/Judith Fein, Ph.D., author, Blk. Belt Korean Karate. 3/16 Sat 10am or 3/20 Wed 7pm, $25/$20adv. $10/Srs, disabled. Bldg E/A 564-9140

Intro. To The Ideas Of Gurdjieff The Land House Gurdjieff group started by the late W.A. Nyland pres. weekly meetings to discuss & learn applications of Gurdjieff's work. Tue 8pm FREE Bldg C Call first 626-9301

Oceanic Society offers a Sea & Sail Camp, beg. to adv. sailing classes, courses in environmental education, lectures, a speakers' bureau & slide shows. Bldg E 441-5970

• **Basic Film Workshop** Mona Marks & Herman Berlandt will teach a hands-on, in-depth course in all functions of filmmaking. Cameras & editing equipment will be supplied. Operate a camera, prepare your story, edit & complete your own film. Sundays 1/13-3/10 3-6pm $100 FMC "Friends" 25% off w/mbrs card Bldg D 621-3073

Hands on Wood offers "hands-on" classes, lectures & demos for woodworkers of all skill levels. Winter session classes include: Beginning Woodworking, Beginning Carving, Furniture Restoration, Built-in Cabinet Making, Antique Restoration, Innovative Use of the Router, Plane Making, & Surface Treatment: A Workshop on Finishing. Call for a free class schedule. Bldg F 567-2205

Harmonic Proportions In Classical Architecture Intro. to theories of harmony & proportion as expressed in music & architecture of classical Greece, Rome & Renaissance Italy. 2/5-3/26 Tue 6pm $150 ($25 materials) Bldg C Geo. Siekkinen 556-7741

Career Exploration A workshop in self-assessment, strategizing, decision-making, setting short/long-term goals, resume writing & interviewing techniques. 3/6-27 Wed 5:30pm $52 ($38 materials) Bldg C 497-0657

Ann Mahony & Associates Handwriting workshops. Gatehouse 982-1788
Beginners' Handwriting Class Comprehensive overview in handwriting analysis. 3/23-24 Sat&Sun 9am-5pm $155
Handwriting Analysis An intermediate course 3/2 Sat 8:30am-1pm & 1:30-5pm $45

Bay Area Lawyers For The Arts Wednesday workshops 7pm $7 Bldg B 775-7200
Legal Aspects Of Video Production 3/6
Artist-Gallery Relations 3/13
Contracts For Freelancers Incls: graphic designers, photographers, & other artists 3/20
Copyright or Trademark Find out the difference 3/27

Performing Arts

Blue Bear School of Music Winter quarter. Call for FREE catalog describing the many programs in popular music. Mon-Thur 1-8pm Sat 10:30am-4pm Bldg D 673-3600

Adult Acting & Video Class Academy of Media & Theatre Arts. $105/mo Bldg B 776-4720

Nat'l Academy of Songwriters Song evaluation workshop. Bring your guitar, a cassette of your song & 15 copies of your lyrics. 3/12 Tues 7-10pm $5 Gatehouse (213) 463-7178

SF School Of Dramatic Arts Intro. to directing workshop examines & de-mystifies the art of directing. 3/5-19 Tue 7-10pm $185 Bldg C 885-2766

Sue Walden Presents Spontaneity & Improvisation Workshops Bldg C 885-5678
Improvising Scenes I Tools. exercise & practice in creating comedic & dramatic scenes spontaneously. Mon 8:30pm $95 8wks
Spontaneity Techniques II Adv. spontaneity exercises & theater games in smaller groups. Pre-req. Techniques I or equivalent. Mon 7:30pm $95 8 wks.
Spontaneity/Improvisation Open Workshop A spontaneity/improvisation workshop sampler. Open to all levels. 3/19 or 3/27 Tue 7:30pm $7.50

Visual Arts & Media

Ft. Mason Art Ctr. offers ongoing classes in painting, drawing, glass, sculpture, jewelry-making, batik, ceramics, quilting, weaving, art critique & curatorship. A Galileo-Marina Community College Center program open to anyone 18 years of age & older. Bldg B 776-8247

Western Public Radio offers classes: Basic Radio Production, Basic Voice Techniques, Voicing Commercials, Advanced Production Technique & On-Air Board Operations. Bldg D. For information call 771-1160

Artists in Print offers workshops in pasteup/production, graphic design, illustration, advertising agency art direction each fall & spring. For info. please write AiP Survival Workshops, Fort Mason Center, SF 94123, & enclose a SASE. 673-6941

Computer Alliance offers literacy training, computer access, programming, production work & consultation services (incls. choosing systems to buy) focusing on media producers & nonprofits. Open Tue-Thur 11am-7pm (Mon&Fri by appt.) Bldg E 771-7133

• **Basic Film Workshop** An inexpensive intro. to filmmaking. Course covers: camera operation, shooting, editing & completion of a 3-5 min. film + more. Sun 3-6 $100/8wks FMC "Friends" 25% off w/mbrs card. Must pre-reg. (next session begins 3/10) Bldg D 621-3073

Writers' Connection Workshops Sat Bldgs C/E (408) 973-0227
Constructing The Novel Forming ideas, characterization, dialogue, synopsis, marketing + more. 9:30am-3:30pm 3/2 $48
The Computer Magazine Market Intro. for writers wishing to break into computer magazines. 9:30am-12:30pm 3/9 $22
Writing Fun Fast Money Fillers Learn how to find & write fillers & increase earnings from $5-$300. 1:30-4:30pm 3/9 $22
Writing For The Big Magazines Five-hour intensive work session w/working professional. 9:30am-3:30pm 3/16 $44
Playwriting Seminar Covers all elements: *freezing the moment, character, setting,* conflict & dialogue. 9:30am-3:30pm 3/23 $44
Sunday Magazines Learn how to break into this market w/Hal Silverman, editor of *California Living*. 9:30am-3:30pm 3/30 $44

Media Alliance Classes, workshops & panels. Bldg D 441-2557
Pressure Writing Learn TV news writing in 6 easy lessons. Hands-on intro. by Andrew Shinnick, KGO-TV Asst. News Dir. 3/28-5/2 6 Thur 6:30pm $75
Celebrity Interviews Ben Fong Torres (*SF Chronicle, GQ, Esquire, Mother Jones*) covers techniques, pitching & selling your features. 3/27-4/10 3 Wed 6:30pm $55
The Advertising Copywriter Learn to write "good copy" while developing your portfolio. 3/25-5/13 8 Mon 6:30pm $95
Travel Writing For Fun & Profit ABC's from writing style to marketing. 3/23 Sat 9:30am-4:30pm $55
Careers: Challenges, Choices & Changes Expand your career horizons & repackage yourself for new positions. 3/28-4/4 2 Thur 6:30pm $35
Bucks & Bytes: Computer Markets For Writers Panel on writing for computer publications, publishing on databases, writing for videotexts & the legal particularities for electronic publishing (copyright, liability, etc.). 3/21 Thur 7:30pm $5

Children's Classes

SF Children's Art Ctr. offers instruction in painting, drawing, printmaking & sculpture. Individual attention to each child's development, ages 2-10. Bldg C 771-0292

• **Children's Animation Workshop** for all ages covers: flip book, cell animation, live action filming. Sun Noon-3pm $10/$40 4 wks FMC "Friends" 25% off w/mbrs card. Bldg D 621-3073

Academy of Media & Theatre Arts Year-round classes for young people (7-19), in all levels of acting, filmmaking, & video production. Showcase & performance each semester. For info. call AMATA Bldg B 776-4720

Creative Movement for Parents & Pre-Schoolers Explore the basics of dance with rhythm, imagery & music in a 12-week series of classes taught by professional dancers. Tue 11:30-12:30pm, Wed 6-7pm & Thur 3:30-4:30pm $6 ($60 for 12) Bldg C 753-8795